CAN'T GO WRONG WITH BACON
ADD IT TO A CHEESY QUICHE {page 23}

LIZ TAYLOR DIES AT 79
A LOOK BACK AT THE LIFE AND LEGACY OF A MOVIE ICON {page 14}

YANKED?
CHRIS BROWN'S OUTBURST COULD COST HIM {page 16}

VANCOUVER
metro®
Thursday, March 24, 2011
www.metronews.ca
News worth sharing.

KRISTEN THOMPSON/METRO

▶ Actor Charlie Bewley, in his running gear, on the seawall in Coal Harbour yesterday.

Run, walk or crawl, he's in it to finish

- Actor will run BMO's half-marathon course in reverse, then head to start line for full marathon
- Donors to his cause will be entered to win private screening of Twilight Saga: Breaking Dawn Part 1 courtesy of Summit Entertainment

KRISTEN THOMPSON
@METRONEWS.CA

It's not good enough for Charlie Bewley to get up at first light and run 42.2 kilometres in the upcoming BMO marathon — he has to get up pre-dawn and run a half-marathon first.

The British actor and Twilight star — who plays a Volturi vampire named Demetri — plans to hit the pavement at the appalling hour of 4 a.m. to run a 64-kilometre ultra-marathon in memory of a friend who died of cancer.

Jocelyn Clarke, who worked as Dakota Fanning's stand-in on the set of The Twilight Saga: New Moon, died on Valentine's Day. She was 36.

Bewley said Clarke's illness and death had a huge impact on him.

"We surround ourselves with comfort every day and we never really get to explore our inner strength," he said.

"This challenge is to put myself in a high-stakes situation and to summon from deep strength I know I have in there."

Between now and the race on May 1, Bewley is collecting funds to donate to the Lion's Gate Hospital Foundation, which, together with the B.C. Cancer Agency, helped Jocelyn throughout her illness.

"(The ultra-marathon) is not something I know I can do for sure," he said. "It's all about visiting that dark place and ... pushing my own mental and physical boundaries.

"I expect to be running, walking and crawling over that finishing line."

More online

▶ For more information or to sponsor Charlie Bewley, visit charliebewley.com/runforyourlife.

For more news, visit metronews.ca/vancouver

Canucks top Red Wings

Daniel Sedin scores twice in 2-1 win {page 24}

Better safe than sorry?

Vancouverites gobble up pills, gear in wake of quake {page 4}

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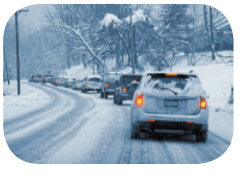
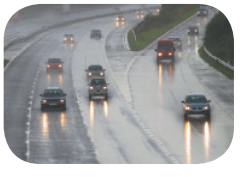

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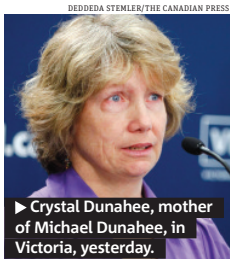
Police mark tragic case

DEDDEDA STEMLER/THE CANADIAN PRESS



▶ Crystal Dunahee, mother of Michael Dunahee, in Victoria, yesterday.

The disappearance of four-year-old Michael Dunahee from a Victoria playground 20 years ago still haunts police officers and his family.

The crime has remained one of the city's darkest unsolved crimes.

Over the years, Victoria Police Sgt. Grant Hamilton said police have received 10,000 tips and all have been investigated.

Just last month, police obtained DNA evidence from a young man living in Chase, just east of Kamloops, who many believed could have been Dunahee.

Hamilton said the DNA evidence ruled out the young man "who admitted he did look a lot like Michael."

Dunahee vanished on March 24, 1991, while his mother was playing a flag football game and his father was watching from the sidelines. The search for the boy remains one of the largest police investigations in Canadian history, involving thousands of officers over the years.

Deputy Chief John Ducker said he lost sleep for years over the case.

He said he was a junior investigator 20 years ago and recalled the massive police investigation that had him working 15 days straight, with no clues.

"I've never seen an effort like that in my history in policing," said Ducker. "We just didn't get that one piece of information."

Hamilton said the case is not closed: "Our goal is to bring Michael home."

THE CANADIAN PRESS

KRISTEN THOMPSON/METRO

▶ Jeff Mitchelmore, a server at Section (3), in Yaletown yesterday. The restaurant is one of roughly 240 participating in Dining Out For Life today, an annual fundraiser benefitting two local HIV-AIDS organizations, Friends For Life and A Loving Spoonful.

Serving up hope in Vancouver eateries — and a toast to Liz

- Record 242 local restaurants participating in Dining Out For Life today
- Twenty-five per cent of food sales benefit local AIDS organizations

KRISTEN THOMPSON
@METRONEWS.CA

Organizers of Dining Out For Life are raising a glass — er, fork — to Elizabeth Taylor today in recognition of the late screen star's commitment to the HIV-AIDS community in Vancouver.

So valued was her contribution that this year's Dining Out For Life event is being dedicated to Taylor, who died Tuesday at age 79.

"Elizabeth Taylor was a leader, philanthropist and advocate for people living with HIV-AIDS, and a vanguard who brought public support to the cause," said Sheena Sargeant, executive director of Friends For Life.

The Elizabeth Taylor AIDS Foundation provided more than $25,000 to help grow the daily meals program at Vancouver's A Loving Spoonful.

"We are eternally grateful for the support we have received from the Elizabeth Taylor AIDS Foundation," said Lisa Martella, executive director of A Loving Spoonful. "We hope to commemorate her life and continue her legacy."

Offering support

- Around 30 per cent of people in the Downtown Eastside are affected by HIV-AIDS.
- Dining Out For Life Vancouver has raised more than $3 million in the past 16 years.
- The fundraiser is active in 55 cities across North America.

1 news

UFC has dodged concussion woes, but stubborn fighters may be a problem. Scan code for story.

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3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

Federal parties are arguing over who to blame for an election, but experts say that won't matter when it's time to vote. Video at metronews.ca

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POLICE SHOOTING

Domestic call turns deadly

A man died yesterday after being shot by RCMP officers outside a Surrey house.

RCMP received a call from a woman around 2 p.m. about a domestic disturbance in the 3000 block of McBride Avenue.

Two officers arrived at the house and were confronted by a man. The shooting occurred outside the house shortly before 2:30 p.m. and the man died a short time later.

METRO

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Radiation-tinged air has locals gearing up

PHYLICIA TORREVILLAS/FOR METRO

▶ Mark Robson of Gorilla Surplus in Vancouver handles one of the gas masks that he says have been popular since the disaster in Japan.

B.C.'s top doctor calls taking of anti-radiation pills unnecessary

PHYLICIA TORREVILLAS
VANCOUVER@METRONEWS.CA

Fear over a possible earthquake and radiation fallout from Japan's nuclear plants has got some Vancouverites taking extreme measures despite an assurance from the Health Ministry.

Mark Robson of Gorilla Surplus, a military clothing and gear store, said some people have been buying $50 gas masks and $100 body suits.

"We've (also) got a lot of people come in to get emergency kits ... like emergency candles, blankets and first-aid kits," Robson said.

He said they also get people asking for potassium iodide tablets and Geiger counters, which are used to detect and measure radiation.

But Dr. Perry Kendall, B.C.'s top health officer, said there is no need to take potassium iodide pills to protect against radiation, adding it's unnecessary and can even cause health problems.

Kendall said they have seen small levels of radiation on the West Coast of North America, but B.C. has nothing to fear.

"We expect to continue to see measurable evidence of this power plant-associated radioactivity in the air until about a week after the reactor in Japan has stabilized, and we will continue to monitor the situation closely," Kendall said in a statement.

He made it clear that the radiation levels are low enough that there is no need to panic.

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Amputee has prosthetic leg stolen from car

Police asking for public assistance in recovering limb

MATT KIELTYKA
@METRONEWS.CA

Police are asking for public help after a man's prosthetic leg was stolen from his car Monday.

Vancouver police say a 46-year-old Squamish man had parked his van near E. 8th Avenue and Commercial Drive around 9 p.m. while visiting the city.

When he returned to his car, he found that the driver's side window had been pried down and the door had been unlocked and opened.

Among the items stolen from his vehicle was a black duffle bag with a prosthetic leg inside.

The leg is worth up to $20,000, but is invaluable in ensuring the victim's mobility.

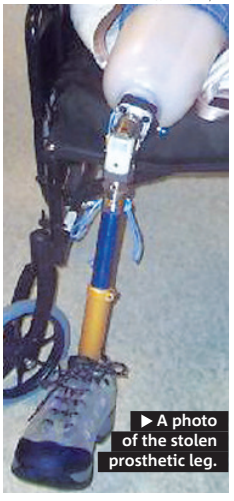
The leg is described as having a flesh-coloured foot with a silver clamp above the ankle and a long aluminum rod with a blue finish.

The duffle bag is black and has Mountain Equipment Co-op logos on it.

Anyone with information is asked to call police at 604-617-3321 or Crime Stoppers at 1-800-222-8477.

For more news, visit metronews.ca/vancouver

CONTRIBUTED/VPD



▶ A photo of the stolen prosthetic leg.

KidSafe. Week

▶ Mayor Gregor Robertson and Vancouver-Fraserview MLA Margaret MacDiarmid serve breakfast at Florence Nightingale Elementary yesterday.

MEAGAN GILL/FOR METRO

Breakfast honours supporters

A breakfast was held to thank supporters of the KidSafe project society, which offers children support, education and recreational activities after school hours. Mayor Gregor Robertson proclaimed March 21 through March 26 to be KidSafe week in Vancouver.

311 notches millionth call

Vancouver's 311 service has taken its one-millionth call, the city announced yesterday.

The public service was launched two years ago to offer residents information about everything ranging from permits to pothole repairs to noise concerns.

KRISTEN THOMPSON

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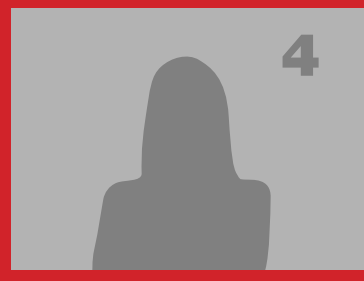

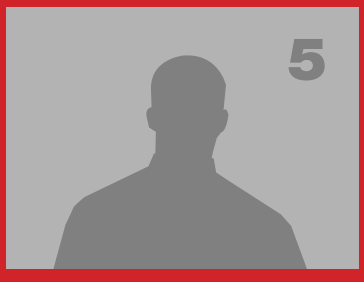

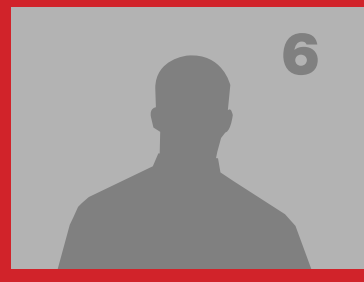

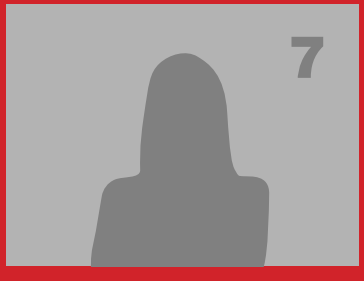

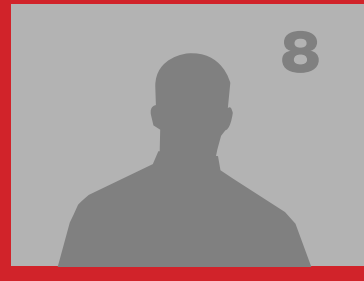

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Back from the brink?

PM tells parties: 'It is not too late'
Layton says: 'There's still time'

The Harper government appears set to fall tomorrow — even as the Conservatives and opposition remind each other there's still time to step back from the edge.

Prime Minister Stephen Harper said the Liberals, NDP and Bloc Québécois — who all plan to vote against the budget handed down Tuesday — can still change their minds.

"The opposition still have the opportunity to put Canadians' interests first," he said.

"It is not too late for them to step back."

He rhymed off a string of measures from the budget, saying they are vital to support a still-fragile economic recovery.

"Our economy is not a political game," he said.

However, the Conservatives have flatly refused to consider any amendments to their budget in order to stave off an election.

NDP Leader Jack Layton said he might still support the government if there are changes he can accept.

"There's still a little bit of time," he said.

"I know Mr. Harper and Mr. Flaherty are saying they can't possibly talk about amending the budget. I don't know why. What's the big obstacle to that? Others have done it before."

Liberal Leader Michael Ignatieff said he's ready to introduce a non-confidence motion today and debate it tomorrow.

"We have a responsibility to say quite clearly that this government has lost the confidence of the House of Commons," he said.

"This government has lost the confidence of Canadians."

Bloc Leader Gilles Duceppe said the Tories want to be defeated.

"Mr. Harper is not fooling anyone," he said.

"He wants an election at all costs."

THE CANADIAN PRESS

Jack ready to go

- Is Jack Layton fit to fight an election? He and his party insist he is despite battling prostate cancer and his recovery from hip surgery.
- "Every day ... he gets more and more mobile," says his campaign boss.

ADRIAN WYLD/THECANADIAN PRESS

▶ Liberal Leader Michael Ignatieff says he's ready for action with a non-confidence motion.

Can we bank on it?

A federal election likely ensures Canadians will enjoy super-low interest rates until at least the summer and possibly the fall.

CIBC is changing its mind and says the Bank of Canada will next raise rates in July, not May. Scotiabank thinks it won't happen until October.

THE CANADIAN PRESS

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Las Vegas Air + 3 Nights + Cirque du Soleil from $329 + taxes & fees $112
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Scottsdale Air + 4 Nights from $479 + taxes & fees $108
INCLUDES central accom, close to major attractions and golf. BONUS continental breakfast included. ADD roundtrip airport transfers from $38.

Hollywood & Anaheim Family Special Air + 7 Nights + Car from $549 + taxes & fees $108
INCLUDES 3 nights in Los Angeles, 4 nights in Anaheim & 7-day fullsize car rental. Price per person based on a family of 4. ADD Universal Studios Front of the Line pass from $119.

Napa Valley Air + 4 Nights from $559 + taxes & fees $111
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Phoenix Air + 3 Nights + Golf from $699 + taxes & fees $147
INCLUDES accom, 1 round of golf per day & $10 food & beverage credit per night.

Varadero Air + 7 Nights + Golf from $1055 + taxes & fees $276
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ANJA NIEDRINGHAUS/THE ASSOCIATED PRESS

▶ A gun is held by a Libyan boy during a rally in support of the allied air campaigns against the troops of Moammar Gadhafi in Benghazi, eastern Libya, yesterday.

Canadian jets bomb Libya

Feds dispatched six aircraft to help enforce the no-fly zone

Canadian fighter jets took part in coalition air assaults yesterday that helped drive tanks loyal to dictator Moammar Gadhafi out of Libya's third-largest city.

Coalition aircraft conducted a series of raids on two major centres.

The Canadian air force says four of its CF-18 jet fighters, supported by two air-to-air refuelling aircraft, conducted two separate bombing missions, one overnight and the second later in the day.

The first attack took place at Misrata, east of Tripoli on the Mediterranean coast, the scene of heavy fighting between rebels and Gadhafi forces.

Reports emerging last week from the city of 500,000 said innocent civilians were being shot in the streets as the dictator's soldiers tried to reassert control.

The Canadian raid reportedly destroyed an ammunition depot. Four laser-guided, 226-kilogram bombs were dropped during the raid, said Maj.-Gen. Tom Lawson, deputy chief of air staff.

"From all indications, it was a solid military target," Lawson told a briefing in Ottawa.

There were no reports of civilian casualties, but Lawson hastened to add that "couldn't be assured until there was a full battle damage assessment." The air force released aerial video footage of the target being destroyed.

"Every indication was that the attack was very successful and there was no collateral damage," he added.

THE CANADIAN PRESS

Where they fell

▶ **Bombs.** A witness said one of the bombs hit a local aviation academy and the second plowed into a vacant lot outside the central hospital. It was unclear whether Canadian aircraft dropped the payload.

Emergency law takes over Yemen

Yemen's parliament enacted sweeping emergency laws yesterday after the country's embattled president Ali Abdullah Saleh asked for new powers of arrest, detention and censorship to quash a popular uprising demanding his ouster. THE ASSOCIATED PRESS

New clashes in Syrian city kills 15: Witnesses

Syrian police launched an assault yesterday on a neighbourhood sheltering anti-government protesters, fatally shooting at least 15 in an operation that lasted nearly 24 hours, witnesses said.

THE ASSOCIATED PRESS

NATO

London to hold talks over Libya

U.S., European, and Arab and African officials have been invited to London next week for political talks about Libya and how the NATO alliance will assume responsibility for the no-fly zone over the North African nation to protect civilians, France and Britain said yesterday.

NATO nations, meanwhile, remained deadlocked over the alliance's possible role in enforcing the UN-authorized no-fly zone.

THE ASSOCIATED PRESS

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FRANK GUNN/THE CANADIAN PRESS

▶ Employees man their stations at Facebook Canada headquarters in Toronto. The social-media site is valued at up to $75 billion US because of its growing army of advertisers.

Buying Face time

The brave new world of social-media advertising

Everyone knows that Facebook is a place where people share news and photos. But more and more, it's also a place where companies share product pitches.

About 50 million connections are made every day between businesses and Facebook users. But does it translate into a sales bump?

"We're testing the waters with that," says David Morelli, public-affairs director for Tim Hortons, which has more than 1.4 million Facebook fans.

Morelli says the jury is out on whether Facebook ads are more effective than other types of marketing, but the company likes the conversational aspect of the social-networking site. "We're not talking at customers, we're talking with them on Facebook."

One thing is certain: Recommendations from "your friends, your family, your colleagues and people you care about" are a special kind of advertising that money can't buy, says Facebook Canada head Jordan Banks. THE CANADIAN PRESS

Market moment

TSX	Dollar
+ 61.87 (14,061.87)	– 0.08¢ (101.97¢ US)
Oil	**Natural gas**
+ 78¢ US ($105.75 US)	1,000 cu ft $4.299 US (+ 4¢ US)
	Gold contracts
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Cuba.....89.9 ¢/min	Pakistan.....5.9 ¢/min	U.K.....2.9 ¢/min
El Salvador.....9.9 ¢/min	Philippines.....11.9 ¢/min	Vietnam.....4.9 ¢/min
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YOUR HANDY-DANDY GUIDE TO ELECTIONS

He says ...

JOHN MAZEROLLE

Do you have a headache? Nausea? The urge to remove your eyes with a salad fork? Then you've got Canadian election fever!

Right this second, Stephen Harper is amassing a pile of neatly folded sweater vests, ready for battle. Michael Ignatieff is doubling his morning series of eyebrow reps. Jack Layton is constructing a kitchen table where he will have homegrown discussions with real Canadian families. And Elizabeth May and Gilles Duceppe are getting mentioned in this passage because they get equal time during election campaigns.

Perhaps this will be your first vote because you've turned 18, recently become a Canadian citizen, or you plug your ears and go "la la la la la" as soon as you hear the word "election."

Well, have no fear: You'll get by with my handy-dandy Guide To Voting In Canada.

WHO CAN VOTE?

To vote in a Canadian election, you must be:

• Tall enough to reach the top of a cardboard box on a table and have no fear of gymnasiums.

• Able to say the following sentence whenever required, usually while sitting at a bar: "If you don't vote, you've got no right to complain."

WHO AM I VOTING FOR?

You're voting for an MP, or Manipulative Person. They have been selected by their respective parties based on their ability to mention your name, employ clichés, and touch voters' elbows in a compassionate manner.

> **"You're voting for an MP, or Manipulative Person."**

For example: "At the end of the day, John, you can tell I care because I'm touching your elbow."

WHAT CAN I EXPECT?

You may be one of those people who assumes an election is no time to expect a high-minded policy discussion. You are what political scientists like to call "correct."

What you can expect are attack ads like this: "Stephen Harper enjoys apple pie. As in, 'American as apple pie.' Is Harper in the pockets of U.S. dessert makers? Well, nobody said he isn't."

Also, expect ads about Ignatieff where a narrator describes him as an "intellectual" in the same tone of voice somebody would normally say "groin lesion."

WHY SHOULD I VOTE?

Because not voting when people in Arab countries are dying for it is like standing in front of a homeless person and dumping your pizza into the garbage can because the slices "all taste the same."

Besides, if you are going to suffer — and you are — you might as well have something to show for it. Nobody escapes Canadian election fever.

Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

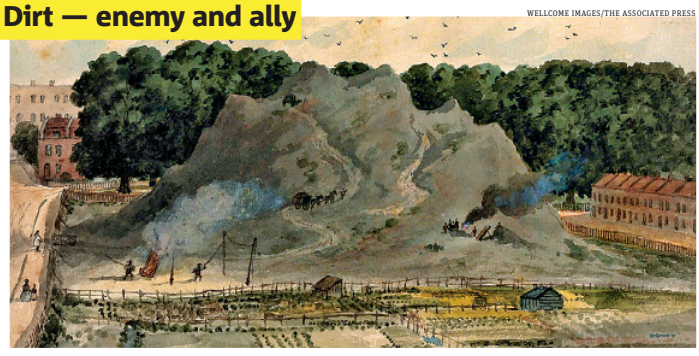
MICHAEL DE ADDER

The filthy reality of life

Worth mentioning

Dirt — enemy and ally

WELLCOME IMAGES/THE ASSOCIATED PRESS



Dirt has a bad image. Muck, we think: Yuck.

But getting your hands dirty can also be irresistible, as every child knows. A major new museum exhibition in London asks visitors to think again about the filthy and the fetid, exploring the role of dirt as humanity's enemy and ally in history, art, science and medicine.

"Dirt is something we make and encounter every day," said James Peto, senior curator at the Wellcome Collection, where the exhibition opens today.

Peto said the exhibition — Dirt: The Filthy Reality Of Everyday Life — explores both the good and bad sides of dirt.

"Some of it, in the right quantities and the right place, is good for us," he said. "Soil in the sense of 'soiled sheets' is bad, but soil where vegetables grow feeds us.

"And it's where we all end up in the end."

Filth's intimacy and omnipresence may explain some of the terror and fascination that dirt — defined by the exhibition as "dust, excrement, rubbish, bacteria and soil" — holds for us.

We abhor it, but it's also a mark of progress — the more cities, industry and civilization there are, the more dirt, and finding ways to dispose of it has taxed societies for centuries.

THE ASSOCIATED PRESS

What animal best represents you? Why?

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Metro Minute with 1984 premiere

The Cultch presents the world premiere of 1984, a story about the bleak society of Oceania, living under constant surveillance and the repercussions of forbidden love.

The show kicks off tonight at 8. It is being held at the historic theatre at the Cultch, 1895 Venables St. Tickets are $28 and are available at The Cultch's box office (604-251-1363) or online at tickets.thecultch.com.

1984 is adapted for the stage by Andy Thompson and co-produced by The Virtual Stage and the professional theatre-training program Studio 58 at Langara College.

Starring in the production are Allan Gray as O'Brien and Alex Ferguson as Winston Smith.

MEAGAN GILL

COURTESY OF DAVID COOPER

▶ The Cultch presents the world premiere of 1984 tonight.

HANDOUT

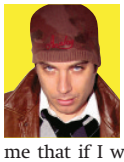
▶ Yosuke Mino stars in the Royal Winnipeg Ballet's performance of Wonderland.

Chocolate bribe leads to Wonderland

- Royal Winnipeg Ballet offers its take on the Lewis Carroll classic
- Japanese-born dancer has a 'good time' helping guide Alice

BACKSTAGE PASS

GRAEME MCRANOR
METRO VANCOUVER



Yosuke Mino's ballet career began with a bribe.

"My mother told me that if I went to ballet class she'd buy me 10 chocolate bars and two comic books," he says, laughing. "So that's how I started."

The soloist, who began his training at Akiko Kanamaru in Japan before moving to Canada in 1998 to train and perform with the Royal Winnipeg Ballet, has played the Jester in Swan Lake, Blue Bird in The Sleeping Beauty, Mercutio in Rudi van Dantzig's Romeo & Juliet and Papageno in Mark Godden's The Magic Flute.

Now he's taking a trip back to Vancouver as the White Rabbit in RWB's Wonderland, an inventive piece by acclaimed choreographer Shawn Hounsell inspired by the characters, events and themes from Lewis Carroll's iconic story.

"He guides Alice through Wonderland so I guess he's kind of a tour guide," says Mino. "I'm having a really good time."

No word on hookah-smoking caterpillars, but the multimedia production does feature digital projection, an electro-acoustic soundscape and dancers donned in Doc Martens.

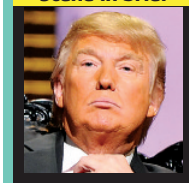
Wonderland is at the Centre in Vancouver for Performing Arts from Thursday to Sunday. Tickets $32.50-$84.50; students/seniors $27.50-79.50 @ticketmaster. rwb.org.

Events

- **Rock.** Jon Bon Jovi recently said that Steve Jobs gives the music biz a bad name. Well Bon Jovi gives love a bad name. Check them out Friday and Saturday night at Rogers Arena. Tickets at Ticketmaster.
- **Browne.** Catch Jackson Browne's solo acoustic tour Saturday night when it stops at the Queen Elizabeth Theatre. Tickets $46.50 to $99.50 at Ticketmaster. Show starts @ 8 p.m.

2 scene

Scene in brief



Republican officials say Donald Trump will address the party's Lincoln Day dinner as part of his first foray into Iowa as a possible presidential contender.

Trump has said he will decide by June whether to seek the Republican presidential nomination.

THE ASSOCIATED PRESS

Ivanka Trump stalking suspect kept trying to contact her after court order, prosecutors say

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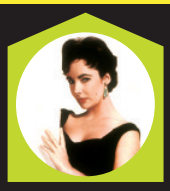
Career highs

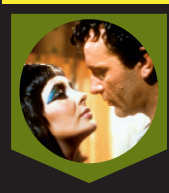


Childhood fame
The hit films Lassie Come Home and National Velvet catapulted her to stardom.

Bold choices
Cleopatra, in 1960, earned her a $1 million paycheck, making her the highest-paid actress at the time.

Instant classics
Father of the Bride, A Place in the Sun and Suddenly, Last Summer became instant classics.

Career lows



Failed marriages
She had eight total, to magnates in her lifetime.

Liz Taylor dies at 79

The legendary actress passed away due to congenital heart failure

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

Famed actress and humanitarian Dame Elizabeth Taylor has passed away at the age of 79. The two-time Oscar winner died at Cedars-Sinai Hospital, where she had been receiving treatment for congestive heart failure. A small funeral for family and friends is planned for later this week.

"She was surrounded by her children: Michael Wilding, Christopher Wilding, Liza Todd and Maria Burton," Taylor's publicist, Sally Morrison, said in a statement.

Taylor's son, Michael Wilding, spoke fondly of his mother.

"My Mother was an extraordinary woman who lived life to the fullest, with great passion, humour and love. Though her loss is devastating to those of us who held her so close and so dear, we will always be inspired by her enduring contribution to our world."

Taylor is survived by her children as well as 10 grandchildren and four great grandchildren.

GETTY IMAGES FILE PHOTO

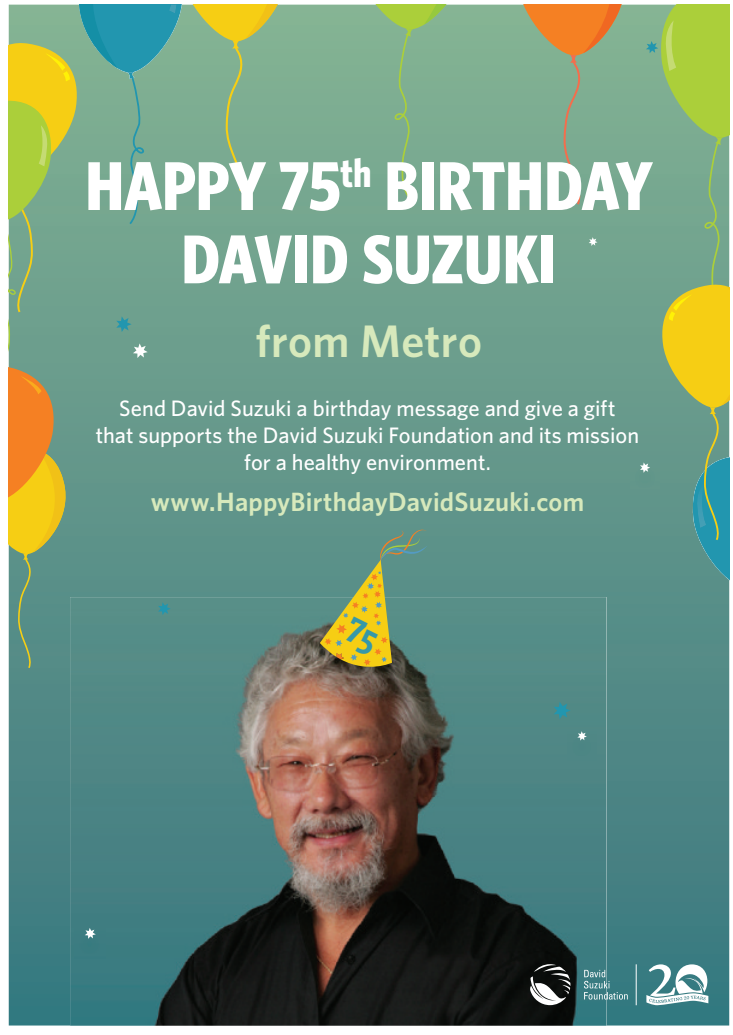
▶ Elizabeth Taylor

Metro asked its Twitter followers: Have you ever seen an Elizabeth Taylor movie?

@anngibbon Not a bad question! We seem to know her more for her celebrity VANCOUVER

@luluada Liz Taylor was gorgeous in her prime!! I remember watching her movies when I was younger but don't know the titles! VANCOUVER

@aisling_hkymom Liz Taylor was a legend. "Cleopatra" with Taylor & Richard Burton is still one of my favourite movies. CALGARY



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Brown blow up could cost him

Chris Brown was slated to appear on Dancing with the Stars next week, but after his violent outburst at Good Morning America earlier this week, that plan may be scrapped, according to Popeater.

"Chris was so dangerous backstage that we called 911," an insider at the morning show says.

"He totally flew off the handle after being asked a question about his 2009 assault of his then-girlfriend Rihanna. Now ABC has to decide if they are willing to let this man promote his music on a family show on its network or walk away from this obviously troubled young man."

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Talking points

Zellweger finds solace from Bullock

PEOPLE While nursing a broken heart in New York City, Renee Zellweger has reportedly found a sympathetic ear in pal Sandra Bullock, according to Pop Eater.

The two actresses caught up with each other this week in the wake of Zellweger's split from Bradley Cooper.

"If anyone can cheer a person up after a bad breakup, it's Sandra," a source says.

"After what Sandra went through, you have no right feeling sorry for yourself at all. I can't think of a better medicine than spending an hour or two with Sandy. The way she handled herself with such grace and dignity after her split is an inspiration to us all."

METRO

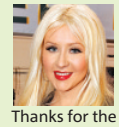
Wood gets help with nude scene

PEOPLE When it came time to film a nude scene for her new HBO miniseries, Mildred Pierce, actress Evan Rachel Wood looked no further than co-star Kate Winslet for support, according to E! News.

"She coached me through my first nude scene," Wood says of the Titanic star. "I mean, she's done it all. She was literally next to the camera going (thumbs-up)."

METRO

Celebrity tweets



Christina Aguilera [@TheRealXtina] Thanks for the welcome to Twitter. I'm getting the hang of this. Never thought I'd say the word "hashtag". Pandora's box has been opened.

Lindsay Lohan [@lindsaylohan] 7:00am russian bazaar call times are just too much! i think i'm still going to be waking up in hair/make-up..but praise fashion+kellogs! :)

Jessica Alba [@jessicaalba] Oh my aching heartburn...

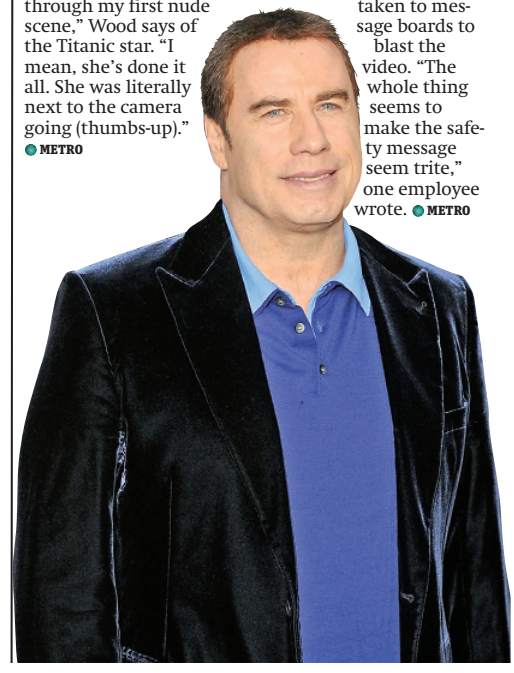
Conan O'Brien [@ConanOBrien] Ah, Springtime in L.A.! It reminds me of Fall in L.A.

METRO

Travolta criticized for flight video

PEOPLE Given his love for flying planes, it's no surprise John Travolta chose to appear dressed as a pilot for a Qantas Airlines in-flight safety video. But it turns out some Qantas employees are not amused. Airline staff members have taken to message boards to blast the video. "The whole thing seems to make the safety message seem trite," one employee wrote.

METRO



Spruce up your act for spring

Don't be the guy who rolls into the office with puddle-like underarm sweat patches and an oily face fit to grease an engine ▶ We tell you how to update your look for the warm weather

RICHARD PECKETT
LIFE@METRONEWS.CA
METRO WORLD NEWS

KARL-EDWIN GUERRE AND TAMU MCPHERSON

▶ Add a pop of colour at the waistline (above) or the ankle for a bright and cool spring update.

What to wear

1

2

3

4

5

6

1 VANS
Chukka sneakers
$97, **vans.com**

2 UNIQLO
Crewneck T-shirt
$6, **uniqlo.com**

3 ASOS
GloverallxYMC raincoat
$448, **asos.com**

4 PRADA
Flatform brogues
$822, **prada.com**

5 RALPH LAUREN
Madras check shorts
$90, **ralphlauren.com**

6 ST. JAMES
Binic II breton top
$143, **oipolloi.com**

RICHARD PECKETT

Some spring and summer staples aren't for everyone.

"Sleeveless tees and white suits. They're just not suitable for every weight and age group — you have to be young or in good shape to pull them off," says stylist Andrew Davis.

And he's not the biggest fan of mandals.

"They only look good on certain people. I mean, who wants to see your toes poking out? They look especially dreadful on pale skin," he adds.

So what should you wear? Here are four tips:

1
Punch up your outfit with a pop of colour
This season marks a move away from muted tones toward bold colour. It's an easy way to add an edge to your workwear without looking like a full-on fashion victim. "Wear a beautiful bright Yves Klein blue or pillar box red T-shirt under a navy suit or with chinos or just colour-block half the body," Davis says.

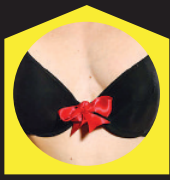
2
Master the art of summer suiting
Ditch the wool tailoring for something lightweight. "Try a linen suit in soft blue or gray and wear it with a white shirt and a club or check tie. It can look really cool and classic," Davis says. And if you're feeling adventurous, skip the tie and rock a — wait for it — neckerchief. "It's a bit Hannibal Lector-esque."

3
Nail down the perfect casual style
Every man should have a few nautical items in his closet because they look polished, can be easily mixed and matched, and are just hard to screw up. A few things to buy now: "A boxy, double-breasted jacket, chambray shirt, chinos, moccasins, breton top and a toggle coat," he says.

4
Get your short lengths right
"Shorts are a bit shorter this season; they're cut above the knee," Davis explains. For lounging on the weekend, Andrew suggests a jogger short, which has a relaxed fit (Important: When you're wearing shorts, they should hit higher up on the leg).

3 life

Up and down



Clap-off underwear
Some random guy invented a clap-off bra that drops off the body at the sound of applause, presumably for those guys out there who are too lazy to figure out how to undo the clasp. Let's just hope no one wears it at a rock concert.
METRO

Bright hues, bold patterns big for spring, says star stylist Phillip Bloch

Bringing the outside in

If you look outside, it likely doesn't resemble spring ▶ But you can at least make your home ready for the season

DESIGN CENTRE

KARL LOHNES
HOME@
METRONEWS.CA

While it may technically be spring, getting out to enjoy the weather may still be a few weeks away.

And this spring is supposed to be a cold and damp one.

Luckily, there's a huge trend in bringing outdoor decor inside, and now more than ever is the perfect time to inject some springtime inside our homes.

From bright garden colours and the smell of flowers to rustic natural elements, let's get a head start on spring by decorating with an outdoor theme with these easy ideas.

If we can't enjoy the outdoors, let's bring it inside!

ALL PHOTOS ARE HANDOUTS

Add a wall of springtime colour

As I've been reporting since last fall, adding a focal wall of colour in a room is no longer an old-fashioned thing to do.

Choose a wall that is the focal point to the room. For instance, the headboard wall in the bedroom, the TV wall in the family room or the fireplace wall in the living room are all good candidates. If using paint, then add a darker or dramatic colour to help add drama to a room. Dark green, mustard or orange are all colours from outside and will bring a strong sense of nature inside.

If using wallpaper, choose a large-patterned floral motif for an eye-popping surprise. Wallpapers are now much easier to remove than they used to be, so don't be afraid to get daring with pattern. When you tire of it just simply peel off and repaint the wall.

Incorporate worn-looking furnishings into the home

Bleached, limed and driftwood tones are all the rage. They can help lighten the dark brown tones that we've been decorating with over the past years.

A statement piece, such as a single dresser, a hallway bench or an end table, will work best in this finish. Choosing it for an entire dining set or living room case would be overkill for a trend that is only expected to hang around for three to four years.

Got an old, cheap mahogany antique that you're tired of?

Sand it then rub some grey latex paint into the exposed wood grains. Buff it with wax and you'll have the trendiest look of the season for furniture.

Create the smell of the garden

There's nothing more refreshing than opening the windows and getting a floral-filled breeze. But it doesn't look like that will be happening around the country anytime soon.

Create a garden of scent around your space with the new Crabtree & Eveyln Floral Fragrance Collection — an iris candle in the hallway, lavender candle in the bedroom, rose candle in the bath and a lily candle in the living room, and you'll experience a variety of garden floral scents that change from room to room.

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Want taste: Grow your own garden goodies

Spring is here — officially — so get your green thumb ready ▶ It's important to plan before you sow

Some things bear repeating: Plant vegetables.

The taste of fresh-picked beans, lettuce and tomatoes, grown from seeds of varieties bred for flavour rather than commercial appeal, will knock your socks off.

Not to mention the satisfaction of doing "work" that puts food directly into your belly.

Planned correctly, the most basic vegetable garden takes little time or effort.

LOCATION, LOCATION

First, the site. For the plants' sake, full sun — at least six hours daily — and well-drained soil are a must.

If water stays puddled on the ground more than a few hours after rain has stopped, roots will suffocate.

EASY BEGINNINGS

The quickest and easiest way to start a garden is to merely smother the existing lawn or weeds.

One reason most gardeners till is to aerate the soil, but your soil won't need aeration if you lay it out in permanent planting beds, each 90 centimetres wide, and paths, each 45 centimetres wide. Make a plan on paper, and keep the beds and paths in the same place year after year. Walk only on the paths; never set foot in a bed.

After you have mapped out your garden, search the Internet or Yellow Pages for local "Compost" and "Arborists." You want compost for the planting beds, and wood chips from an arborist for the paths between the beds.

Before you lay down the chips and compost, mow or knock down existing weeds or lawn, then smother them beneath paper.

Wet the paper as you lay it down to soften it and keep it from blowing, and overlap the edges. Before the end of the season, the grass or weeds will be dead, and your plants' roots will have grown into and through the nearly decomposed paper.

PLANT

Now plant, right into the compost. When planting in beds, space the plants closer together than usually recommended. You can crowd three or four rows down each bed because you'll be doing all your weeding and harvesting from the paths, rather than having to walk between the rows.

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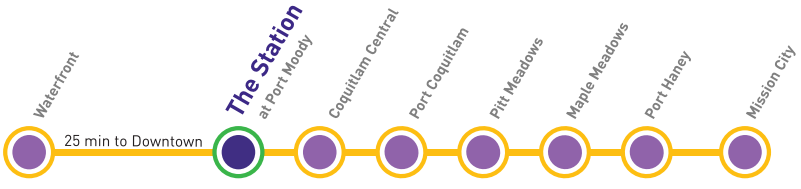

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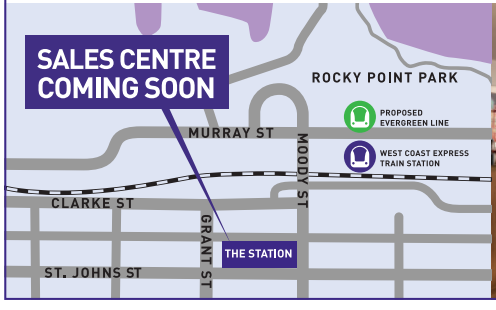

Simple bathroom makeovers

Giving your bathroom a fresh new look is not as hard as you may think ▶ And it doesn't have to cost much

DIY IDEAS

Believe it or not, home makeovers don't always have to require many tools and lots of man power.

In fact, to give your bathroom a fresh new look, you don't even need a big budget, just some inspiration and creativity.

DIY Network Canada's Bath Crashers (airing Tuesdays at 10 p.m. ET/PT) offers tips on simple bathroom makeovers.

Clean and Purge

The first step in giving your bathroom a fresh look is to take inventory of all your belongings and eliminate the excess. Removing clutter creates more space for reorganizing and decorating.

Make Room

If the sink is freestanding, create additional storage by fashioning a sink skirt. Measure the dimensions along the three sides of the sink that face outwards and the distance between the bottom of the sink and the floor.

Cut the measured dimensions out of a washable fabric.

Attach an adhesive Velcro to the inside of the sink and the top of the fabric.

Attach the fabric's Velcro to the sink's Velcro. The fabric adds to the decor of the room and creates a space to keep items tucked away and out of sight.

Personalized Shower Curtain

For many bathrooms, the shower curtain is the focal point of the room and replacing the shower curtain can immediately change the entire design.

Consider making one yourself to suit your personal style.

Measure the length and width of the current shower curtain and cut the dimensions out of the desired fabric.

Hold the fabric up to the current shower liner and use a fabric pen to mark where the shower ring holes are located.

Using fabric scissors, cut a slit in the fabric about an inch long.

Attach the new shower curtain and shower liner to the shower rings and enjoy the new, customized decor.

The Little Things

For a quick bathroom spruce up, consider small projects like removing outdated cabinet knobs and replacing them with new ones.

Also consider storing toiletries in colourful, plastic bins to give your space a splash of colour and replacing worn-out towels and bathmats to give the room a crisp, refreshed look.

COURTESY OF DIY NETWORK CANADA'S BATH CRASHERS, WHICH AIRS TUESDAYS AT 10 P.M. ET/PT

ISTOCK IMAGES PHOTO

▶ Shower curtains are important. For many bathrooms, the shower curtain is the focal point of the room.

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- 4 slices bacon, chopped
- 1 bunch Swiss chard, tough stems removed, chopped
- 6 eggs
- 1 1/2 cups (375 mL) 10% half and half cream
- 1 tbsp (15 mL) thyme
- 1/2 tsp (2 mL) freshly ground black pepper
- 1/4 tsp (1 mL) salt
- 1 1/2 cups (375 mL) shredded fontina cheese

Preparation:

1. Line deep-dish pie plate with pie crust, crimping or trimming the edge. Place pan on baking sheet; set aside.
2. In skillet over medium-high heat, cook bacon until crispy. Add Swiss chard and cook until the chard is tender. Let cool for 10 minutes. Drain well pushing excess liquid from chard; place in bowl. Stir in cheese and place in pie crust.
3. In bowl, whisk eggs, cream, thyme, pepper and salt. Slowly pour into crust and gently stir to eliminate large clumps or air bubbles. Bake in 400 F (200 C) oven for 20 minutes.
4. Reduce heat to 325 F (160 C) and bake for 40 minutes or until centre is set and knife inserted comes out clean. Let cool before slicing.

THE ASSOCIATED PRESS

EMILY RICHARDS

A taste of the tropics

This chicken curry uses fruit to reduce heat & add a hint of sweetness

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

Fruit is frequently used to help reduce heat in many curries.

ISTOCK

▶ This Tropical Chicken Curry recipe makes four servings.

Preparation:

1. In skillet heat oil over medium high heat. Add chicken and sprinkle with salt and pepper; cook, stirring for 5 minutes. Remove to plate. Add onion, red pepper and garlic to skillet and cook, stirring for 3 minutes or until softened. Add curry paste and cook, stirring for 1 minute. Add stock and bay leaf and bring to boil.
2. Meanwhile, peel and chop bananas into 1 inch (2.5 cm) chunks and add to skillet with chicken and simmer for about 5 minutes or until chicken is no longer pink inside. Add pineapple and stir to combine.
3. In small bowl, whisk together cornstarch and 1 tbsp (15 mL) of water. Add to skillet and stir to combine. Simmer 1 minute or until slightly thickened.

Ingredients:
- 1 tbsp (15 mL) oil
- 12 oz (375 g) boneless skinless chicken breasts, chopped
- 1/2 tsp (2 mL) pepper
- 1/4 tsp (1 mL) salt
- 1 onion, chopped
- 1 red pepper, chopped
- 2 cloves garlic, minced
- 1 tbsp (15 mL) mild curry paste or powder
- 1 1/2 cups (375 mL) chicken stock
- 1 bay leaf
- 3 firm ripe mini bananas
- 1 cup (250 mL) chopped fresh or canned pineapple
- 1 tbsp (15 mL) cornstarch

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE ON EMILY, VISIT EMILYRICHARDSCOOK.CA

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4 sports

Quoted

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TORONTO BLUE JAYS GM ALEX ANTHOPOULOS ON BRANDON MORROW, WHO WILL MISS HIS FIRST START THIS SEASON WITH AN INFLAMED RIGHT FOREARM.

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▶ Roberto Luongo bends to stop a shot as Detroit's Daniel Cleary circles the crease.

Canucks clip sliding Wings

Vancouver adds to its cushion atop West standings with win in Detroit

CANUCKS	RED WINGS
2	1

The Vancouver Canucks moved a big step closer toward securing home-ice advantage throughout the playoffs.

Daniel Sedin scored twice and Roberto Luongo made 39 saves, leading Vancouver to a 2-1 win against the Detroit Red Wings last night.

The NHL-leading Canucks have won eight of nine, building a 10-point lead over Detroit — the second-place team in the Western Conference — with eight games left. Vancouver has an eight-point edge over East-leading Philadelphia.

"It's good, for sure," Henrik Sedin said. "I think we all know math a little. It's going to be tough for the other teams to catch up."

Detroit is hurting without key players Pavel Datsyuk and Johan Franzen, both of whom are being rested because of lower-body injuries, and is mired in a 0-2-1 slump.

Sedin, the league scoring leader with 95 points, has at least one in nine straight games to improve his chances of being the NHL MVP a year after his twin brother won the award.

"Henrik's doing most of the talking," he said. "He's been pumping me up."

Daniel Sedin was playing two days after being with his wife for the birth of their third child.

"Imagine if he would've practised once," Vancouver coach Alain Vigneault joked. "He was off for four days, flew in (Tuesday) night and was able to get in a morning skate."

He scored off Nicklas Lidstrom's skate at 6:31 of the second period and with a power-play one-timer midway through the third against Jimmy Howard.

Jiri Hudler's power-play goal with 8:22 left pulled the Red Wings within one, but they couldn't get the puck past Luongo again.

THE ASSOCIATED PRESS

Hassli finds comfort level early

Eric Hassli grinned and thrust an elbow at an imaginary defender.

Sometimes a gesture speaks volumes when trying to get through an interview with a limited command of English.

"There are a lot of demands physically," the French striker said yesterday through an interpreter when asked about his first game as a Vancouver Whitecap.

The six-foot-four, 200-pound Hassli scored the first and last goals in a 4-2 MLS debut victory over Toronto FC Saturday.

He bulled his way into the penalty area to blast a Davide Chiumiento cross in and tapped home a Wes Knight pass with his right.

Hassli was signed two weeks ago as the club's designated player whose salary can exceed the maximum cap charge of $335,000.

"The league is of very good quality," said Hassli, who was signed out of FC Zurich of the Swiss Super League. "The referees let people play."

Fans wondered whether they would be watching an impotent offence often associated with expansion teams. Hassli, who turns 30 in May, was brought in to address that.

He finished third in Super League scoring with 17 goals in 2008-09.

THE CANADIAN PRESS

"It feels like I've been here for 10 years. The mountains are like Switzerland, but there's no ocean (there)."

WHITECAPS STRIKER ERIC HASSLI

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-Philadelphia	72	44	19	4	5	232	195	97	21-10-2-3	23-9-2-2	4-3-1-2	L1
dx-Washington	74	43	21	5	5	203	180	96	22-8-2-5	21-13-3-0	9-1-0-0	W2
d-Boston	72	40	22	5	5	217	176	90	17-12-3-2	23-10-2-3	4-3-3-0	W1
Pittsburgh	73	42	23	5	3	213	181	92	22-13-2-0	20-10-3-3	6-2-2-0	W1
Tampa Bay	73	39	23	5	6	216	222	89	22-10-1-4	17-13-4-2	2-4-2-2	L3
Montreal	74	40	27	4	3	200	187	87	22-10-3-3	18-17-1-0	6-4-0-0	L1
NY Rangers	74	40	30	2	2	216	179	84	18-16-1-2	22-14-1-0	7-3-0-0	W5
Buffalo	73	36	28	8	1	216	208	81	16-16-3-1	20-12-5-0	6-3-1-0	W1
Carolina	73	34	29	5	5	205	217	78	20-12-2-2	14-17-3-3	5-4-1-0	W2
Toronto	74	33	31	5	5	195	225	76	17-14-3-4	16-17-2-1	5-4-1-0	W2
Atlanta	72	30	30	5	7	202	238	72	16-14-2-5	14-16-3-2	5-4-1-0	L1
New Jersey	73	34	35	3	1	155	186	72	18-15-2-1	16-20-0-1	6-4-0-0	L1
NY Islanders	74	29	33	7	5	208	235	70	16-15-1-4	13-18-6-1	6-1-2-1	W2
Florida	74	29	35	5	5	182	203	68	15-15-4-4	14-20-1-1	3-4-2-1	L3
Ottawa	73	27	37	5	4	167	227	63	13-19-2-3	14-18-3-1	6-4-0-0	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
y-Vancouver	74	48	17	4	5	240	173	105	25-8-1-4	23-9-3-1	8-2-0-0	W1
d-Detroit	74	43	22	5	4	238	211	95	19-12-3-2	24-10-2-2	4-4-1-1	L3
d-San Jose	74	43	23	4	4	217	194	94	21-11-2-3	22-12-2-1	6-2-0-2	W4
Phoenix	75	40	24	7	4	215	208	91	18-12-4-2	22-12-3-2	7-2-1-0	W1
Chicago	73	40	25	3	5	238	202	88	23-14-0-0	17-11-4-4	6-2-1-1	W2
Los Angeles	73	41	26	4	2	199	177	88	21-12-3-0	20-14-1-2	6-2-2-0	W1
Nashville	74	39	25	6	4	193	173	88	20-8-4-3	19-17-2-1	7-2-1-0	W4
Anaheim	73	41	27	3	2	208	211	87	23-12-1-1	18-15-2-1	8-2-0-0	W4
Dallas	73	38	25	4	6	206	206	86	20-11-3-5	18-14-1-1	4-2-3-1	L2
Calgary	76	37	28	4	7	230	222	85	22-12-1-3	15-16-3-4	4-4-1-1	L3
Minnesota	74	35	31	3	5	185	207	78	17-15-2-3	18-16-1-2	2-6-2-0	L7
Columbus	73	33	29	4	7	199	223	77	16-16-1-3	17-13-3-4	2-4-1-3	L2
St. Louis	73	32	32	4	5	202	216	73	20-12-1-3	12-20-3-2	4-6-0-0	L3
Colorado	72	28	36	7	1	203	254	64	15-17-4-0	13-19-3-1	2-7-0-1	W2
Edmonton	73	23	40	2	8	176	240	56	12-20-1-4	11-20-2-3	3-5-1-1	L7

x — clinched playoff berth; y — clinched division title; d — division leaders; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL or SOL columns.

Last night's results
Vancouver 2 Detroit 1
San Jose 6 Calgary 3
Anaheim 4 Dallas 3 (OT)
Chicago 4 Florida 0
Tuesday's results
Toronto 3 Minnesota 0
Nashville 3 Edmonton 1
Carolina 4 Ottawa 3
Buffalo 2 Montreal 0
Colorado 5 Columbus 4 (SO)
N.Y. Rangers 1 Florida 0
Boston 4 New Jersey 1
Washington 5 Philadelphia 4 (SO)
N.Y. Islanders 5 Tampa Bay 2
Phoenix 2 St. Louis 1

Tonight's games
Montreal at Boston, 7 p.m.
Atlanta at N.Y. Islanders, 7 p.m.
Ottawa at N.Y. Rangers, 7 p.m.
Pittsburgh at Philadelphia, 7 p.m.
Edmonton at St. Louis, 8 p.m.
Anaheim at Nashville, 8 p.m.
Toronto at Colorado, 9 p.m.
Columbus at Phoenix, 10 p.m.
San Jose at Los Angeles, 10:30 p.m.
Tomorrow's games
All times Eastern
New Jersey at Pittsburgh, 7 p.m.
Florida at Buffalo, 7:30 p.m.
Washington at Ottawa, 7:30 p.m.
Vancouver at Atlanta, 7:30 p.m.
Carolina at Tampa Bay, 7:30 p.m.

SHARKS 6, FLAMES 3

First Period
1. San Jose, Mitchell 8 (Mayers, Thornton) 3:00
2. Calgary, Iginla 34 (Jokinen, Tanguay) 7:13 (pp)
3. San Jose, Desjardins 1 (Eager, Boyle) 9:27
4. Calgary, Sarich 4 (Kotalik, Regehr) 13:59
5. San Jose, Marleau 30 (Murray) 14:59
6. San Jose, Marleau 31 (Setoguchi, Pavelski) 17:33 (pp)

Penalties — Heatley SJ (boarding) 5:50, Tanguay Cal (holding) 16:59.
Second Period
7. Calgary, Bourque 26 (Kostopoulos) 13:20
8. San Jose, Mitchell 9 (Pavelski) 15:50

Penalty — Babchuk Cal (tripping) 18:48.
Third Period
9. San Jose, Couture 28 (Clowe, Braun) 11:55

Penalties — Sarich Cal, Clowe SJ (fighting) 0:58.
Shots

Calgary	8	8	9	—25
San Jose	16	14	8	—38

Goal — Calgary: Kiprusoff (L,33-23-6); San Jose: Niemi (W,30-17-5). **Power plays (goals-chances)** — Calgary: 1-1; San Jose: 1-2.
Referees — Paul Devorski, Mike Leggo. **Linesmen** — Shane Heyer, Jay Sharrers.
Att. — 17,562 (17,562). at San Jose.

CANUCKS 2, RED WINGS 1

First Period — No Scoring.
Penalties — Eaves Det (interference) 12:45, D.Sedin Vcr (hooking) 14:28.
Second Period
1. Vancouver, D.Sedin 39 (H.Sedin, Hamhuis) 6:31

Penalties — Kesler Vcr (tripping) 19:05, Hamhuis Vcr (roughing), Holmstrom Det (holding) 19:23.
Third Period
2. Vancouver, D.Sedin 40 (H.Sedin, Kesler) 9:29 (pp)
3. Detroit, Hudler 9 (Lidstrom, Cleary) 11:38 (pp)

Penalties — Eaves Det (high-sticking) 8:47, Raymond Vcr (hooking) 10:56, Holmstrom Det (interference) 19:59.
Shots

Vancouver	5	20	8	—33
Detroit	11	12	17	—40

Goal — Vancouver: Luongo (W,34-14-7); Detroit: Howard (L,34-15-5). **Power plays (goals-chances)** — Vancouver: 1-3; Detroit: 1-3.
Referees — Eric Furlatt, Don Van Massenhoven. **Linesmen** — Vaughan Rody, Anthony Sericolo.
Att. — 20,066 (20,066) at Detroit.

TUESDAY

MAPLE LEAFS 3, WILD 0

First Period
1. Toronto, Lupul 10 (Bozak, Kessel) 1:39

Penalties — Nystrom Min (goaltender interference) 4:01, Cullen Min (boarding) 12:21, Brent Tor (interference) 13:06, Bouchard Min (tripping) 18:20.
Second Period
2. Toronto, Grabovski 28 (MacArthur, Kulemin) 11:20

Penalties — Gunnarsson Tor (tripping) 1:12, Brunette Min (hooking) 2:07, Stoner Min (cross-checking) 4:04, Schenn Tor (hooking) 7:04, Kadri Tor (tripping) 13:18.
Third Period
3. Toronto, Gunnarsson 4 (Grabovski, Kulemin) 2:13 (pp)

Penalties — Koivu Min (high-sticking) 1:35, Aulie Tor (interference) 7:06, Grabovski Tor (slashing), Zanon Min (roughing) 15:39, Aulie Tor (high-sticking) 17:14, Lashoff Tor (cross-checking) 19:21.
Shots

Toronto	8	3	6	—17
Minnesota	7	11	11	—29

Goal — Toronto: Reimer (W,16-7-4); Minnesota: Backstrom (L,21-20-5). **Power plays (goals-chances)** — Toronto: 1-6; Minnesota: 0-7.
Referees — Brad Meier, Dean Morton. **Linesmen** — Brian Mach, Darren Gibbs.
Att. — 18,761 (18,064) at St. Paul, Minn.

PREDATORS 3, OILERS 1

First Period
1. Nashville, Erat 15 (Ward, Legwand) 4:08
2. Nashville, Hornqvist 19 (Kostitsyn, Suter) 7:40 (pp)

Penalty — Foster Edm (tripping) 7:06.
Second Period
3. Nashville, Legwand 14 (Suter, Weber) 7:00
4. Edmonton, Eberle 17 (Cogliano, Vandermeer) 9:38 (pp)

Penalties — Kostitsyn Nash (tripping) 8:45, Franson Nash (interference) 11:49.
Third Period — No Scoring.
Penalties — Peckham Edm (tripping) 4:39, O'-Marra Edm (hooking) 10:53, Fisher Nash (tripping) 15:15.
Shots

Edmonton	5	7	8	—20
Nashville	15	5	10	—30

Goal — Edmonton: Dubnyk (L,10-12-7); Nashville: Rinne (W,28-20-8). **Power plays (goals-chances)** — Edmonton: 1-3; Nashville: 1-3.
Referees — Stephane Auger, Eric Furlatt.
Linesmen — Mark Wheler, Brad Kovachik.
Att. — 15,745 (17,113) at Nashville.

CRICKET

WORLD CUP

QUARTER-FINALS

Yesterday's result
At Dhaka, Bangladesh
Pakistan (113, without loss) def. West Indies (112, all out) by 10 wickets.
Today's match
At Ahmadabad, India
India vs. Australia
Tomorrow's match
At Dhaka, Bangladesh
South Africa vs. New Zealand
Saturday's match
At Colombo, Sri Lanka
Sri Lanka vs. England

BASKETBALL

NCAA TOURNAMENT

All times Eastern

Regional Semifinals

EAST REGION
Tomorrow's games
North Carolina (28-7) vs. Marquette (22-14), 7 p.m.
Ohio State (34-2) vs. Kentucky (27-8), 9:30 p.m.
SOUTHEAST REGION
Tonight's games
Florida (28-7) vs. BYU (32-4), 7:15 pm
Butler (25-9) vs. Wisconsin (25-8), 9:55 pm
SOUTHWEST REGION
Tomorrow's games
Kansas (34-2) vs. Richmond (29-7), 7:15 pm
Florida State (23-10) vs. Virginia Commonwealth (26-11), 9:55 p.m.
WEST REGION
Tonight's games
San Diego State (34-2) vs. Connecticut (28-9), 7 p.m.
Duke (32-4) vs. Arizona (29-7), 9:30 pm

MLB

SPRING TRAINING

Yesterday's results
N.Y. Yankees 5 Toronto 3
Minnesota 5 Baltimore 2
Houston 10, Pittsburgh 6
St. Louis 5, N.Y. Mets 3
Tampa Bay 4, Philadelphia 1
San Diego 10 Cincinnati 7
Atlanta 4, Florida 4, tie, 11 innings
Chicago Cubs 3, Oakland 1
Arizona 9 Texas 8
Cleveland 8 Kansas City 7
L.A. Dodgers 6 CWS 2
L.A. Angels 8 San Francisco 0
Colorado 6 Seattle 5
Today's games
All times Eastern
Atl. v Tor. at Dunedin, Fla., 1:05 pm
Min. v Phil. at Clearwater, Fla., 1:05 pm
Bos. v Fla. at Jupiter, Fla., 1:05 pm
TB v Hou. at Kissimmee, Fla., 1:05 pm
StL v NYM at Port St. Lucie, Fla., 1:10 pm
Tex. (ss) v Cin. at Goodyear, Ariz., 4:05 pm
Col. v LAD at Glendale, Ariz., 4:05 pm
Mil. v LAA at Tempe, Ariz., 4:05 pm
KC v Sea. at Peoria, Ariz., 4:05 pm
Oak. v Arz. at Scottsdale, Ariz., 4:10 pm
CWS v CC at Mesa, Ariz., 5:05 p.m.
Wash. v Det. at Lakeland, Fla., 6:05 pm
Pitt. v Balt. at Sarasota, Fla., 7:05 pm
SD v Tex. (ss) at Surprise, Ariz., 9:05 pm
Cle. v SF at Scottsdale, Ariz., 10:05 pm

CURLING

WOMEN'S WORLD CHAMPIONSHIP

At Esbjerg, Denmark

Country (skip)	W	L
Sweden (Norberg)	8	1
China (B.Wang)	6	3
Denmark (Nielsen)	6	3
Russia (Privivkova)	6	3
Canada (Holland)	**5**	**4**
Switzerland (Ott)	5	4
Germany (A.Schopp)	4	5
U.S. (Lank)	4	5
Norway (Githmark)	3	6
Scotland (Sloan)	3	6
Czech Rep. (Kubekova)	2	7
South Korea (Kim)	2	7

Yesterday's results
Draw 12
Russia 5 Germany 3
Denmark 7 South Korea 4
Sweden 9 Switzerland 8
U.S. 6 Norway 5
Draw 13
Canada 7 Switzerland 4
China 14 U.S. 3
Russia 12 Czech Republic 3
South Korea 9 Scotland 3
Draw 14
Sweden 5 **Canada 4.**
China 6 Norway 4
Denmark 12 Scotland 5
Germany 7 Czech Republic 3
Today's games
Draw 15
Czech Republic vs. U.S.; South Korea vs. **Canada;** Switzerland vs. Scotland; China vs. Russia.
Draw 16
Denmark vs. China; Scotland vs. Norway; **Canada** vs. Germany; Czech Rep. vs. Sweden.
Draw 17
Switzerland vs. Norway; Russia vs. Denmark; Sweden vs. U.S.; Germany vs. South Korea.

CYCLING

VOLTA OF CATALUNYA

At Vallnord, Andorra
Third stage
1. Alberto Contador, Spn., Saxo Bank-SunGard, 4 hr 45 min 31 sec; 2. Michele Scarponi, Ita., Lampre, 23 sec beh; 3. Levi Leipheimer, US, RadioShack, same time

TENNIS

ATP-WTA SONY ERICSSON OPEN

At Key Biscayne, Fla.
Men Singles — First Round
Ivan Dodig, Croatia, def. Andrey Golubev, Kazakhstan, 6-7 (7), 6-4, 6-0.
Mikhail Kukushkin, Kazakhstan, def. Jarkko Nieminen, Finland, 3-6, 6-3, 6-2.
Pablo Andujar, Spain, def. Bernard Tomic, Australia, 6-4, 3-6, 7-5.
Kevin Anderson, South Africa, def. Nikolay Davydenko, Russia, 6-4, 6-3.
Julien Benneteau, France, def. Daniel Gimeno-Traver, Spain, 6-4, 6-3.
Marcel Granollers, Spain, def. Benjamin Becker, Germany, 6-4, 6-7 (4), 6-4.
Paolo Lorenzi, Italy, def. Ivan Ljubicic, Croatia, 7-6 (7), 6-1.
Xavier Malisse, Belgium, def. Ryan Sweeting, U.S., 7-6 (3), 6-4.
Somdev Devvarman, India, def. Potito Starace, Italy, 6-2, 6-4.
Alex Bogomolov, Jr., U.S., def. Victor Hanescu, Romania, 6-3, 4-6, 7-5.
Marsel Ilhan, Turkey, def. Tobias Kamke, Germany, 6-2, 6-1.
Juan Martin del Potro, Argentina, def. Ricardo Mello, Brazil, 6-4, 6-4.
Igor Andreev, Russia, def. Santiago Giraldo, Colombia, 6-1, 2-6, 6-1.
Denis Istomin, Uzbekistan, def. Donald Young, U.S., 6-4, 6-3.
Igor Kunitsyn, Russia, def. Robert Kendrick, U.S., 5-4, retired.
Women's Singles — First Round
Bethanie Mattek-Sands, U.S., def. Sofia Arvidsson, Sweden, 6-1, 6-4.
Peng Shuai, China, def. Greta Arn, Hungary, 6-1, 6-2.
Chanelle Scheepers, South Africa, def. Polona Hercog, Slovenia, 5-7, 7-5, 6-2.
Yaroslava Shvedova, Kazakhstan, def. Sara Errani, Italy, 6-3, 5-7, 7-6 (5).
Varvara Lepchenko, U.S., def. CoCo Vandeweghe, U.S., 6-2, 6-3.
Julie Hampton, U.S., def. Ajla Tomljanovic, Croatia, 3-6, 7-5, 6-0.
Elena Vesnina, Russia, def. Gisela Dulko, Argentina, 6-1, 6-3.
Anabel Medina Garrigues, Spain, def. Ksenia Pervak, Russia, 6-1, 6-2.
Kimiko Date-Krumm, Japan, def. Zuzana Ondraskova, Czech Republic, 6-4, 6-3.
Agnes Szavay, Hungary, def. Zhang Shuai, China, 2-6, 6-3, 6-2.
Virginie Razzano, France, def. Alize Cornet, France, 6-3, 6-1.
Sania Mirza, India, def. Arantxa Parra Santonja, Spain, 6-2, 6-4.

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
x-Toronto	11	9	2	.818	132	101	—
Buffalo	10	7	3	.700	110	93	1½
Boston	11	6	5	.545	117	102	3
Rochester	10	5	5	.500	93	107	3½
Philadelphia	11	4	7	.364	99	125	5

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
x-Calgary	11	8	3	.727	140	123	—
Minnesota	9	5	4	.556	102	98	2
Washington	11	5	6	.455	146	135	3
Edmonton	11	2	9	.182	117	147	6
Colorado	9	1	8	.111	80	105	6

x — clinched playoff berth.
WEEK 12
Tomorrow's games
All times Eastern
Minnesota at Edmonton, 9 p.m.
Toronto at Calgary, 9:30 p.m.
Boston at Washington, 11 p.m.
Saturday's games
Philadelphia at Rochester, 7:35 p.m.
Boston at Colorado, 9 p.m.
Sunday's game
Buffalo at Minnesota, 5 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
y-Chicago	51	19	.729	—
y-Boston	50	20	.714	1
x-Miami	49	22	.690	2½
x-Orlando	46	26	.639	6
Atlanta	40	32	.556	12
Philadelphia	37	34	.521	14½
New York	35	36	.493	16½
Indiana	32	40	.444	20
Milwaukee	28	42	.400	23
Charlotte	28	42	.400	23
Detroit	25	46	.352	26½
New Jersey	23	47	.329	28
Toronto	20	51	.282	31½
Washington	17	52	.246	33½
Cleveland	13	57	.186	38

WESTERN CONFERENCE

	W	L	Pct	GB
x-San Antonio	57	14	.803	—
y-L.A. Lakers	51	20	.718	6
x-Dallas	49	21	.700	7½
d-Oklahoma City	46	24	.657	10½
Denver	43	29	.597	14½
Portland	41	30	.577	16
New Orleans	40	31	.563	17
Memphis	40	32	.556	17½
Houston	38	34	.528	19½
Phoenix	36	34	.514	20½
Utah	36	36	.500	21½
Golden State	30	42	.417	27½
L.A. Clippers	27	44	.380	30
Sacramento	18	52	.257	38½
Minnesota	17	54	.239	40

d – division leader; **x** — clinched playoff berth; **y** — clinched division.

Last night's results
Philadelphia 105, Atlanta 100
Indiana 111, Charlotte 88
New Jersey 98, Cleveland 94 (OT)
Memphis 90, Boston 87
Miami 100, Detroit 94
Sacramento 97, Milwaukee 90
Oklahoma City 106, Utah 94
Orlando 111, New York 99
Houston 131, Golden State 112
Phoenix 114 Toronto 106
Denver 115 San Antonio 112
Washington at L.A. Clippers
Tuesday's results
Chicago 114 Atlanta 81
Portland 111 Washington 76
L.A. Lakers 139 Phoenix 137 (3OT)
Tonight's games
All times Eastern
Minnesota at Dallas, 8:30 p.m.
New Orleans at Utah, 9 p.m.

SOCCER

MLS

EASTERN CONFERENCE

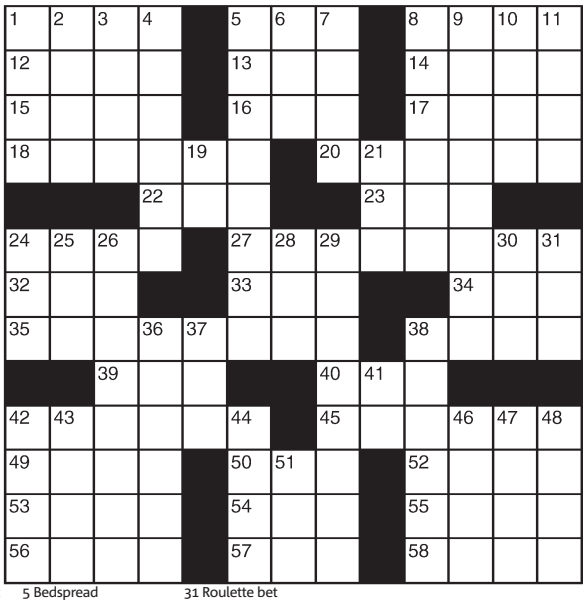
	GP	W	L	T	GF	GA	Pt
D.C. United	1	1	0	0	3	1	3
Kansas City	1	1	0	0	3	2	3
New York	1	1	0	0	1	0	3
Philadelphia	1	1	0	0	1	0	3
Chicago	1	0	0	1	1	1	1
New England	1	0	0	1	1	1	1
Toronto	1	0	1	0	2	4	0
Columbus	1	0	1	0	1	3	0
Houston	1	0	1	0	0	1	0

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	2	1	0	1	2	1	4
Vancouver	1	1	0	0	4	2	3
Colorado	1	1	0	0	3	1	3
Real Salt Lake	1	1	0	0	1	0	3
Dallas	1	0	0	1	1	1	1
Chivas USA	1	0	1	0	2	3	0
Portland	1	0	1	0	1	3	0
San Jose	1	0	1	0	0	1	0
Seattle	2	0	2	0	0	2	0

Note: 3 points for victory, 1 point for tie.
Tomorrow's game
All times Eastern
Houston at Seattle, 10 p.m.
Saturday's games
Portland at Toronto, 2 p.m.
New York at Columbus, 4 p.m.
Kansas City at Chicago, 4 p.m.
Vancouver at Philadelphia, 4 p.m.
D.C. United at New England, 4:30 p.m.
Los Angeles at Real Salt Lake, 9 p.m.
San Jose at Dallas, 9 p.m.
Colorado at Chivas USA, 10:30 p.m.

Crossword



Across
1 Napoleon's exile site
5 Weep
8 A really long time
12 48-Down refrain
13 Discoverer's call
14 Horseback game
15 One-on-one fight
16 Solemn promise
17 Elliptical
18 Tried hard
20 "MythBusters" fodder
22 Kids' card game
23 Sun. speech
24 Swabs the deck
27 Thief
32 Tavern
33 Prior to
34 Have debts
35 Scented
38 Raised
39 Book-spine abbr.
40 Inseparable
42 Everest guide
45 Whirlpool
49 Iowa crop
50 Formerly named
52 Barbershop request
53 "Mamma Mia!" inspiration
54 Blunder
55 Circle dance
56 Asking too many questions
57 Existed
58 Dumbfounds

Down
1 Odds' mates
2 Lummox
3 "Cheers" order
4 Lets
5 Bedspread
6 Pi follower
7 Loud, mournful cry
8 Far point in an orbit
9 Head of state?
10 Verve
11 Auctioneer's call
19 Richmond's st.
21 Computer key
24 Biz deg.
25 Rowing need
26 Book before Ecclesiastes
28 "Entourage" role
29 Gets better
30 Ram's mate
31 Roulette bet
36 Cheesy cream sauce
37 Matterhorn, for one
38 "Big" name in World War I
41 "Forget it!"
42 Read bar codes
43 Vagrant
44 From the top
46 Think, old-style
47 Ireland
48 Yuletide
51 Historic time

▶ Yesterday's answer

Y	E	G	G		S	E	T		A	S	A	P
A	R	I	L		P	R	O		R	A	V	I
M	I	L	I	T	A	R	Y		B	L	I	P
S	E	A	T	O			S	P	O	U	S	E
			C	O	G	S		A	R	T		
D	A	S	H		L	I	N	T		A	V	E
A	G	A		V	I	N	E	S		R	I	O
Y	O	N		I	B	E	X		C	Y	A	N
		I	S	A		S	T	A	R			
R	A	T	T	L	E			G	U	L	A	G
E	S	A	U		M	O	N	E	T	A	R	Y
B	E	R	N		I	R	E		C	Z	A	R
S	A	Y	S		T	E	E		H	E	M	O

Sudoku

9								4
	7	6				3	8	
			4	2	6			
		7	6	3	1	2		
3	1						6	7
		4	7	5	2	1		
			2	9	8			
	3	9				8	7	
6								1

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	6	3	4	5	2	7	9	8
4	7	2	9	8	3	6	1	5
5	9	8	1	7	6	3	4	2
8	3	9	2	6	7	1	5	4
6	5	1	8	4	9	2	7	3
2	4	7	3	1	5	8	6	9
9	8	4	7	3	1	5	2	6
3	1	6	5	2	4	9	8	7
7	2	5	6	9	8	4	3	1

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

ECS, you've been my best friend for more than three years now, so it's about time I asked: Do you want to go out with me? **MJS**

Happy 27th Birthday, Mike! Your 'special' year is over, but this year will be even better! I can't wait to do all of our special things together. I hope u have an amazing birthday! **LOVE, ASHLEY**

TM, you have made me the happiest girl. These past couple of months have been amazing, and I have you to thank for it. I have fallen for you. **LOVE RASH XO**

Peter, It has been a whole year since our break up, and i guess it took both of us this time to see that we had something special. I am really happy for us to start over again, this time to make it last forever. with all of my love **TAMMY XOXO**

Today 12°/5° Variable
Friday 10°/6° Showers 60%

STAY PREPARED WITH OUR MOBILE WEBSITE. Visit theweathernetwork.com on your mobile.
The Weather Network
TWN incorporates MSC data

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 It's not like you to worry about things over which you have no control, so why start now? Whatever the reason you, must get over it because the Sun in your sign promises wonderful opportunities.

♉ Taurus April 21-May 21 You seem torn between doubling your efforts to reach your goal and giving up on it. But why should it be one or the other? Look for the middle way.

♊ Gemini May 22-June 21 Focus on positive things and happy thoughts and make sure you avoid people whose negative attitudes might bring you down. If they want to be miserable that's up to them, but you don't have to live with it.

♋ Cancer June 22-July 22 Something is about to come back into your life that you thought you had seen the last of, but it's no big deal. In a way it's good because this time you know how best to deal with it.

♌ Leo July 23-Aug.23 Today's somewhat difficult Saturn-Neptune contact means you need to take a more even-handed approach to partnership matters. You should know that success depends on co-operation.

♍ Virgo Aug. 24- Sept. 22 What happens today will remind you that sometimes the old way of doing things is best. Fortunately, you have never been one to follow the latest "big thing" so you won't find it too hard to stick with tradition.

♎ Libra Sept. 23-Oct. 23 Try not to take too negative a view of other people's motives today, otherwise you might miss out on something that is both enjoyable and profitable.

♏ Scorpio Oct. 24-Nov. 22 You may be tempted to say something negative to a loved one, but is it really necessary? Even if your words are true, think of how her or she might take the situation and make it worse than it needs to be.

♐ Sagittarius Nov. 23-Dec. 21 The Sun and Jupiter, your ruling planet, in your fellow Fire sign of Aries will bring the inspiration you have been looking for, so don't try too hard. Give your mind and your body a rest today.

♑ Capricorn Dec. 22-Jan. 20 Don't worry if the words you are searching for remain just out of reach today. You may be feeling a bit tongue-tied at the moment, but it won't last.

♒ Aquarius Jan. 21-Feb. 18 To get the most out of the day, you must limit yourself to those aims that are truly important. If you spread your energy too thin, you will only accomplish a fraction of what could have been done.

♓ Pisces Feb. 19-March 20 The more others criticize what you are doing, the more determined you will be to carry on. Anyone who thinks you will change your ways just because he or she says you should has a lot to learn. SALLY BROMPTON

Caption contest

RICH MATTHEWS/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

KEYSTONE, GEORGIOS KEFALAS/ THE AP

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We are particularly interested in larger diamonds of 1 carat and up.

Gold and silver prices are at all-time highs and this is a great opportunity to sell your gold, silver, platinum and palladium. Since 1967 J&M has always paid the highest price and we are still the highest paying buyers. We have won many awards and years ago the *Vancouver Sun* did a survey of the local gold buyers and we were the top buyer paying the best prices.

Why do other newcomer buyers offer 5%, 10% or 20% bonuses? Could it be because they are paying so little and have such large profit margins? It is frustrating to see people in our community being taken advantage of by glitzy advertising such as the TV commercials or road shows and home parties, etc..

Gold Coins and Bars

1 oz. modern, sealed bars	$1,381.27
1 oz gold Maple Leaf	$1,390.22
1 oz. Krugerrand	$1,342.05
Sovereign	$314.29

Antique Jewellery

Silverware

Here's a direct, real comparison over two days of J&M's buying prices with those of a new Vancouver buyer claiming to be the highest buyer

Item/Description	March 4 They Pay*	March 4 J&M Pays	March 7 They Pay*	March 7 J&M Pays
10kt scrap gold, per gram	$13.11	$14.47	$13.14	$14.69
14kt scrap gold, per gram	$18.35	$20.32	$18.40	$20.63
1 oz. Recognized Gold Bar	$1,260.00	$1,368.71	$1,260.00	$1,389.64
1 oz. Gold Maple Leaf Coin	$1,328.00	$1,377.59	$1,338.00	$1,398.65
Sterling Silver, per Gram	$0.60	$0.79	$0.61	$0.81
Silver Canadian Coins from 1966 and earlier, per $1 face value	$14.00	$18.05	$14.00	$18.55

** This includes the 5% bonus they offer.*

Please note: All prices were based on gold @ U$1,428.68 and silver @ U$35.90 on March 9, 2011, the day when this ad was created and will certainly be higher or lower when you come in.

Silver Coins and Bars

1 oz. silver bar	$35.45
10 oz. silver bar	$355.51
100 oz. silver bar	$3,458.75
1 oz. silver Maple Leaf	$35.55

Watches

Rolex, Vacheron & Constantine, Patek Philipe, Breitling, Omega, Jaeger LeCoultre, Select Cartier, and many other high-end watches.

Canada Collector Coins

1948 $1	$900.00 and up
1890H 50¢	$500.00 and up
1875H 25¢	$200.00 and up
1889 10¢	$350.00 and up
1921 5¢	$4,000.00 and up
1923 1¢	$14.00 and up

Silver Coins *Per $1.00 Face Value*

Canada 1968	$11.23
Canada 1967	$14.35
Canada 1966 and earlier	$18.40
USA 1964 and older	$22.34

Scrap Gold *Per gram*

10kt	$14.60
14kt	$20.51
18kt	$26.42

Voted #1 Jewellery Store in the 2011 *Readers Choice Awards*, Stars of Vancouver !

Consumer's Choice Award Winner *Best Local Jeweller* for 9 Years in a Row!

FINE JEWELLERY · COINS · BULLION · FOREIGN EXCHANGE · Since 1967

J&M Coin & Jewellery Ltd.

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Metrotown Centre 208 - 4820 Kingsway, Burnaby, BC V5H 4P1 604-439-0753

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Plenty of FREE PARKING underneath our Vancouver store, entrance off 8th Avenue

Jewellery and Watch website **www.iorio.com** Jewellery and Coin Auction website **www.collectible-trade.com**
Coins and Collectibles website **www.jandm.com** Precious Metals website **www.bullioncoinsandbars.com**

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Behavioural Interventionist (autism)

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